



## INSIDE INFORMATION

by Laurie A. Monroe



**W**e live in an era of transformative change that touches every aspect of our lives. This is an opportunity for us to affirm new values, to discover new and perhaps deeper sources of meaning and to create new relationships and patterns of activity that are more responsive to current human needs.

Through our work at the Institute, we learn to trust the process and endeavor to apply this to our daily activities. Our intention is to give something of value to humankind that will make a positive difference to the continuing transformation of

humankind. There is great value to our group energy and collectively we can make a difference. Our fundamental values will be seen in all of our actions in life. Our intentions will affect all of our choices. We are being asked to move into the realm of spirit, the realm of the heart and love. We are being guided to help raise the consciousness of humankind as we move through this transformation that is occurring in the world today.

What does this mean to us? We know that the Hemi-Sync process can facilitate different states of consciousness. It enables people to look within and to remove negative, limiting thoughts at very deep levels. It creates an opening—a

Gateway to remembering who we really are. It facilitates a Knowing that we truly are more than our physical bodies. With this, there is a profound transformation that occurs within each one of us. The Information we are seeking resides within, and through the learning process we project our Knowing to others around us.

As we tune in to the "larger picture," and open our hearts, we find ourselves relating differently with others. We respond with greater acceptance and appreciation for what we can accomplish together. We are less judgmental and recognize that our perceived differences are somewhat superficial and perhaps insignificant. Our individual lives change. Friends, family members, and those who come in contact with us notice this change

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## EXPERIENCING THE CELESTINE PROPHECY WITH HEMI-SYNC

by Pauline Cox Johnson

*Pauline Johnson, a member of TMI's Professional Division since 1987 and a GATEWAY OUTREACH Trainer since 1990, has taught on every level from preschool to college. She has long found Hemi-Sync to be an invaluable adjunct for her professional focus on reading efficiency and syntonix optometry. Pauline also has a second-degree Reiki certification.*

**I**n his inspiring story of one man's search for truth, James Redfield speaks to all of us who have been engaged in such a quest. He tells us that humanity is embarking on a profound spiritual transformation. First we see synchronicity everywhere—strange coincidences full of meaning, indications of supernatural guidance. Then we begin to understand the architecture of history and those forces which are propelling us toward a confrontation with our own grand evolution. Next we begin to perceive auras and energy fields around all living things. We learn to consciously manipulate our own energy and, as the intensity of our collective search for ultimate truth accelerates, we take a giant step forward in humanity's evolution. We enjoy mystical illumination, heal childhood traumas, eradicate the causes of conflict, and comprehend our true purpose until—finally—we vibrate out of this plane of existence into a reality of pure energy.

Much of this will certainly resonate with echoes for all of us who are familiar



# DOLPHINS HELP WITH HEALING THAT'S MORE THAN SKIN DEEP

by Debra Jean Hawley

*Professional Member Debra Jean Hawley has been on the road of self-discovery and healing through many seasons of darkness and light. This personal knowledge informs her work with abuse survivors, substance abusers, and grieving children and adults. Debra has recently founded The Inside Edge. She conducts workshops using Hemi-Sync and other complementary modalities to help others open to the possibility of healing. A mishap following topical chemotherapy led her to call for Dolphin Energy Club assistance and exponentially increased her empathy.*

**T**hank you so very much for getting the DEC energy coming. The speed of my healing was almost unbelievable. I have been off the chemotherapy ointment for eight days now and except for the pinkness of the new skin and a few light scabs, my face is back to its healthy smiling self!

The past seven days were an incredible transformation—from Saturday, May 4, which was spent in excruciating pain and frustration, barely able to stay in my skin—to Saturday, May 11, full of life and laughter and out working in my springtime garden (protected by a wide-brimmed hat of course). Throughout the week several people each day commented on the rapidity of my healing and asked what I was doing. It was truly amazing to get up each morning looking forward to witnessing the remarkable changes reflected in the mirror.

One very basic realization came through on May 4, when I was most down in every way. I had really set myself up by thinking it would be okay—on this first day without the chemo—to lavish myself in healing treatments that would bring much-needed soothing and pain relief. Unfortunately, it was not okay.

Everything seemed to just make matters worse. The cucumber treatment burned like hell—the best part

April 11, 1996



was taking it off. Although aloe vera did eventually help, staying present long enough to let it settle in was extremely challenging. That afternoon during a tape I realized that all the healing energies and attention in

May 8, 1996



the world wouldn't help if I didn't bring them down into my body, i.e., breathe! It dawned on me that too much of this healing energy had been kept in the mental realms, instead of being brought into the physical body. Rather than breathing into my face

May 13, 1996



and focusing my attention on the actual sensations, I was simply visualizing white or golden lights on my face. This turned out to be a real catch-22. I didn't want to feel the pain, but breathing into and feeling the source of the pain proved to be the quickest way of bringing in the healing presence. How much life I feel in my body when I actually inhabit it! This may sound fundamental, but actually experiencing it was a revelation. And once again, this awareness of breathing into the source of the pain has correlations in so many areas. It is fascinating to witness the range and depth this process has taken me through.

Another little trick was useful for the most distressing moments. Slipping into a Focus-level state, I'd see the healed *future* me sending healing back to the *hurting* me. This was a variation on a past life healing technique that I do all the time to comfort the *child* me or reclaim soul parts, but it was interesting to reach forward instead of back for the support. Time took on a very liquid nature!

Now I'm thrilled to say that all is well. Other than what looks like a mild sunburn, my skin is completely back to normal. There were most definitely times when I felt healing energies from fellow DEC members coming my way. This whole process really put me in much closer touch with my body and helped to fine-tune my awareness and attention. The sequential photos show how quickly healing progressed.

One more thing: while down in the city at work my Walkman® went on the blink, forcing me to do my DEC healing without the tape. Not only that, my daughter in Southern California was home from school with pneumonia and I was intent on doing DEC for her as well. Once again, this hitch turned out to be good by allowing me to detach from the tape—kind of like taking the training wheels off my dolphin!

[For consultations and workshops, write to Debra at The Inside Edge, P.O. Box 602, Middletown, CA 95461.

[hawley@well.com](mailto:hawley@well.com) is her e-mail address. Contact Shirley Bliley, Dolphin Energy Club coordinator, at (804) 361-9132 or [monroeinst@aol.com](mailto:monroeinst@aol.com) for more information on DEC.]





## EXPERIENCING THE CELESTINE PROPHECY

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with Robert Monroe's work and TMI's mission. Redfield's provocative ideas, like Monroe's, serve as a challenge to raise our collective consciousness and to increase our awareness of what can be accomplished once we learn how.

The vision of facilitating such evolution by combining Redfield's prophecies with Hemi-Sync called strongly to me and to Raymond Waldkoetter, a fellow member of the Professional Division. Reading and enjoying Redfield's book is one thing; experiencing it would be quite different. What more valuable service could Ray and I offer than a journey to bring the unconscious into consciousness? And what better tool than Hemi-Sync to create the optimal



Pauline Johnson, Charles Johnson (audio engineer), and Chok Hiew

mental, physical, and emotional environment for such a quest? This was the origin of our seminar called the *Celestine Prophecy Experience*.

We wanted to provide seminar participants with an opportunity to transform their awareness and enjoy a sense of spiritual progress as they moved through Redfield's nine insights. Nine Hemi-Sync tapes were selected, each one carefully chosen to enrich the exploration of a particular insight. By encouraging levels of consciousness beyond our usual physical and mental boundaries, the

sound patterns would facilitate more profound experiences and understanding. Monroe tapes, with their unparalleled ability to complement and support such exploration, were integral to the seminar's vision.

We knew that each person who felt drawn to participate would be starting the journey from a different point and would aspire to a different destination. The seminar would have to allow for uniquely individual experiences and for the participants to benefit from the supportive, empowering energy of the group. Ray and I spent months exploring, developing, and refining our ideas. Our efforts were affirmed and encouraged by the renowned student of the human mind, C. G. Jung, who wrote in *Memories, Dreams, Reflections*: "My life is a story of the self-realization of the unconscious. Everything in the unconscious seeks outward manifestation, and the personality too desires to evolve out of its unconscious conditions and to experience itself as a whole."

The *Celestine Prophecy Experience* made its successful debut as a weekend seminar in Chicago in 1994. Since then it has traveled to other parts of the country and will continue to do so with either Ray or psychologist Chok Hiew, PhD, as co-facilitators. Chok is also a member of the Professional

Division and adds his oriental Chayoi Fanhuan Qigong healing methods to the group's energy when he joins us. I have long believed that our purpose for being here on this planet, at this time, is to move from where we have been to progressively higher and higher levels. For many of the wonderful people who have shared this journey with us, the seminar has proven to be a fruitful source of the energy required to propel themselves to the next level. The intense personal

Continued on page 8

## BROTHERS FOREVER An Unexpected Journey beyond Death

When his beloved elder brother Peter committed suicide, psychotherapist Joseph Gallenberger was forced to deal with his overwhelming grief and guilt over this family tragedy. Although able to relieve his emotional trauma, he could not at first answer the ultimate questions that arise from the death of a loved one. Then, using the Hemi-Sync technology, he was able to walk into dimensions beyond life, where he encountered his brother and reconciled his brother's death in light of a greater spiritual perspective. In *Brothers Forever*, Dr. Gallenberger helps us view life here and life there as merely an interrupted but continuous journey.

In the words of *Mind Trek* author Joseph McMoneagle: "*Brothers Forever* simultaneously touches the heart and soul. It is a book of opposites: fear and hope, love and anger, the alpha and omega of life and death. While it chases the mystery of suicide, it brings understanding to the vulnerability of life and death that we all face. It is a book about personal changes; the false roads and emotional paths explored in a relationship between brothers. While exploring his own pain, Joe Gallenberger openly shares the freedom and beauty of love that's experienced with the loss of a sibling. It helps us to understand that death is simply a transition—that relationships survive. Its greatest treasure is that it teaches each of us how to live."

[You may order *Brothers Forever* from Interstate Industries, Inc.]



## REMEMBER—WE'RE NOT MOVING!

But our address is still changing. Please send snail mail to: The Monroe Institute, 62 Roberts Mountain Road, Faber, VA 22938-9749. After January 1, 1997, the post office will return all mail addressed to the old box number.



## INSIDE INFORMATION

*Continued from page 1*

and respond. Together we are traveling this inner information highway—the Interstate that leads us to Higher levels of understanding and eventually to be One with all.

We have the opportunity and the responsibility to explore new ways of thinking, being, and doing. We as individuals are crucial to this change and we need one another in order to multiply the influence of each of us to make a difference to humankind. If we all have a personal commitment to spreading the vision, we will create the ripple effect. It is time to reach the hearts of people, and collectively we can all make this happen.

Another very important part of the process of transformation is gratitude—to continually have an attitude of gratitude. To be compassionate, caring, to live with an open heart—to speak from the heart. We need to consistently express gratitude to those who have opened our hearts and touched our souls, and to offer heartfelt thankfulness for the many blessings in our lives.

We are truly grateful and appreciative for your support. You have a vital role in the Institute's future, and we would like to encourage you to invite others to join the Institute in its purpose and mission. One way you can help is by creating new relationships and sharing with others your experiences as a result of attending a program or through your use of the Hemi-Sync tapes. We know that with your dedication and enthusiasm for promoting Bob Monroe's work, the Institute will continue to be a leader in the field of exploring human consciousness and will continue to positively influence humankind's evolution into the twenty-first century.



## QUARTERLY TAPE

### *The Heart Agenda*

Our last stop in the *SHORT JOURNEYS* series returns us to the center. Allow the waves of Hemi-Sync sound and gentle verbal guidance to bear you inward to the source—where love is all and all is love. Gratefully receive a life agenda that unfolds as the perfection you so richly deserve.

## CYBERSPACE VOYAGERS

The *VOYAGERS* Internet mailing list, an electronic lync, was established for those using Hemi-Sync to venture into the realms of their own consciousness. It's for all who want to continue learning by telling about their voyages, reading of others' experiences, and exchanging information about TMI programs and audio-guidance learning systems. **voyagers@monroe-inst.com** is the mailing list address. Send a request with "subscribe" as the Subject to: **voyagers-request@monroe-inst.com** to subscribe. Requests are handled in person, so allow for a delay. You will get a welcome message with instructions when you have been added.

Try the Institute's www server at: **<http://www.monroe-inst.com/>** if you have access to the World Wide Web. **[ftp.monroe-inst.com](ftp://ftp.monroe-inst.com)** also allows you to download TMI files. **[MonroeInst@aol.com](mailto:MonroeInst@aol.com)** is our official E-MAIL address. Of course, you may still call (804) 361-1600, the 24-HOUR INFORMATION LINE, to hear prerecorded voice messages, or to receive information by FAX.

Other net sites addressing related topics are:

Altered States of Consciousness (ASC)

**<http://www.utu.fi/~jounsmc/asc/asc.html>**

Spiritual Consciousness (Spirit-WWW)

**<http://zeta.cs.adfa.oz.au/Spirit.html>**

Anomalous Cognition

**<http://macwww.psy.uva.nl/psychonomie/research/anomal.html>**

The WWW Virtual Library: Spirituality & Consciousness

**<http://zeta.cs.adfa.oz.au/Spirituality.html>**





## IN THE SPOTLIGHT

### MICHAEL WADE BOLES

**W**e would like you to welcome Mike Boles, director of corporate development. Since he joined the Institute in February 1996, he has been creating many successful promotions as well as implementing sound strategies for the future growth of the Institute. He has been successful in many aspects of life. His past experience spans manufacturing, retail, banking, real estate, construction, farming, syndication, and youth counseling. Mike's success strategy is simple: be open to opportunity, analyze risks and rewards, and listen more than you talk.

He is eager to help others unlock their personal as well as professional potential. He welcomes the challenge to make a positive difference in someone's life. He certainly has made a positive difference in the Institute, and we are grateful to have Mike as part of our team. His dedication and commitment to the people and to the organization is of paramount value to all of us. Welcome, Mike, and we look forward to a long-lasting relationship!



## ATTENTION

**L**ook for a "Letters to the Editor" column in the next issue of the FOCUS. We want to hear from you. Send us your comments. (Please be brief owing to the limited space available.)



## TMI Scholarship Update

The following letter to Laurie Monroe is from Adam Stevens, the 1993 recipient of The Monroe Institute scholarship:

"For the past three years I have had the opportunity to receive an education from one of the finest academic institutions in the world, the University of Virginia. Since I was not blessed with adequate funds to attend the University, your father and The Monroe Institute provided me with the necessary financial aid. Now entering my fourth and final year of under-graduate studies in the School of Architecture's Department of Urban and Environmental Planning, I would once again like to extend my sincere gratitude to the Institute for allowing me to become the first member of either side of my family to acquire a college education.

Majoring in environmental planning with a minor in architecture, I plan to receive a Bachelor of Planning degree this coming May. However, I have my sights set on graduate school. I would like to receive a Masters of Planning (environmental planning) degree, become employed for a few years and then return to law school to receive a Juris Doctorate degree in environmental law. Far fetched as it may seem, I've only accomplished what I have so far by setting goals for myself. The most difficult hurdle for me has been patience.

I spent the duration of this summer living on Wintergreen mountain while I completed an internship with the Wintergreen Nature Foundation. Although the internship was not previously arranged through the University, therefore no credit will be given to me, I felt that it would be beneficial for myself as well as my career. Dedicated to educating people about the natural history of the Blue Ridge Mountains, the Wintergreen Nature Foundation helped me develop a true sensitivity to the natural world that I believe is lacking in the environmental planning and law

professions."

We wish Adam much continued success.



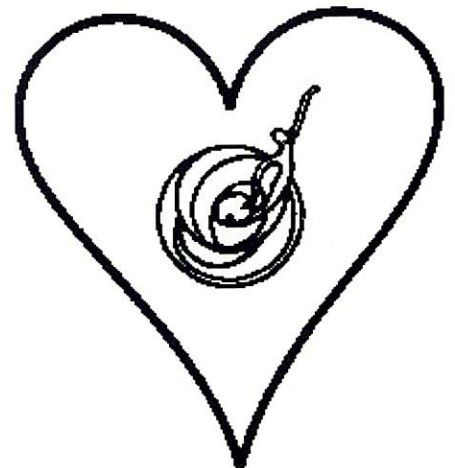
## PUT MORE LIFE IN YOUR YEARS

**B**e in The Monroe Institute's CompuServe Conference Room on December 5, 1996, to talk with Professional Member Vincent C. Giampapa, MD, FACS. Dr. Giampapa will discuss Hemi-Sync as a resource in his reconstructive surgery practice and his plans to investigate its impact on aging bio-markers. Sign on to CompuServe at 9:30 P.M. EST and go to New Age Forum A, Room 7.



## SPECIAL THANKS

**T**he Monroe Institute expresses its sincere appreciation to Professional Member John Garger for his generous donation in memory of his friend Larry Koontz.





## THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

1996-1997

### EXPLORATION 27

(For *LIFELINE* Graduates)

February 1-7, 1997

April 26-May 2

### GATEWAY VOYAGE

October 19-25

November 2-8

November 16-22

December 7-13

January 11-17, 1997

February 8-14

February 22-28

March 8-14

March 22-28

April 5-11

April 19-25

### GUIDELINES

(A Graduate Program)

October 12-18

December 14-20

February 15-21, 1997

April 12-18

### HEARTLINE

(A Graduate Program)

October 5-11

January 18-24, 1997

### LIFELINE

(A Graduate Program)

November 9-15

January 25-31, 1997

March 15-21

### PROFESSIONAL SEMINAR

July 26-August 1, 1997

Editor: Shirley Bliley

Layout and Design: Jackie Umbarger

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## HEMI-LYNC Making Global Connections

*Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.*



uncovering and exploring the multi-dimensional aspects of human awareness.

### Books

The follow-

ing titles are available from Interstate Industries, Inc.

**Brothers Forever**, by Joseph Gallenberger, PhD (\$11.95, softcover, Hampton Roads Publishing Company, Inc.)

**Healing Myself**, by Gari Carter (\$10.95, softcover, HRPC, Inc.)

**Living Is Forever**, by J. Edwin Carter (\$9.95, softcover, HRPC, Inc.)

**Mind Trek**, by Joseph McMoneagle (\$10.95, softcover, HRPC, Inc.)

**Traveling with Power**, by Ken Eagle Feather (\$10.95, softcover, HRPC, Inc.)

**ULTIMATE JOURNEY**, by Robert A. Monroe (\$22.00 retail; \$19.80 members, hardcover, Doubleday)

**Using the Whole Brain**, edited by Ronald Russell (\$14.95, softcover, HRPC, Inc.)

### Electronic Lyncs

Refer to **CYBERSPACE**

**VOYAGERS** for a complete listing of TMI and TMI-related "net surfing" addresses.

TMI is now featured on the Internet Mall™, **FIRST FLOOR: Online Music Shop**.

### Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. Please inform us promptly of changes in location and phone/fax numbers.

### Appearances

F. Holmes (Skip) Atwater was an invited panelist at the Second Annual International Symposium on Dolphin-Assisted Therapy held September 5-8 in Cancun, Mexico. He presented a paper titled "Complementary Concepts on the Effects of Sound on Consciousness." Skip served on the planning committee for this year's symposium.

TMI Professional Member Gari Carter was a featured speaker at "Spirit in Healing," the Fifth Annual Conference of The Institute for Noetic Sciences held July 18-21 in Boca Raton, Florida. Gari used Hemi-Sync and other skills she has gleaned from her personal voyage to lead participants on "A Healing Journey with the Elements."

Franceen King, MA, veteran TMI program trainer, made a special presentation at "Paving the Path to Expanded Awareness," the Tampa UFO conference which took place September 13-16. Franceen spoke about "The Monroe Institute's Gateways to Expanded Awareness—An Introduction to Hemi-Sync" as a means for

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on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

**Magazines**

*Newsweek's* July 8, 1996, cover story, "Out There," adopted the position that "... America is hooked on the paranormal." Written with sarcastic skepticism, this article by correspondents Adam Rogers and Trent Gegan gives the movie *Independence Day* and *The X-Files* television series top billing. TMI is called a "mecca for out-of-body research."

**Journals**

*OPEN EAR: A Publication Dedicated to Sound and Music in Health and Education*, vol. 2, 1996, reprinted, in its entirety, "Music and Hemi-Sync in the Treatment of Children with Developmental Disabilities" by Professional Member Suzanne Evans Morris, PhD. Dr. Morris is a speech/language pathologist who has developed innovative approaches to helping children with special needs and their families.

**Newsletters**

*HANDSON: A Quarterly Publication of the Penang Skills Development Centre*, April-June 1996, devoted fifty percent of its "Managing Tips" section to "The Whole Brain Synchrony Experience." Workshop presenter Teh Tanyong (Tania) regularly offers this workshop to the Malaysian business community. The article characterizes Hemi-Sync as "a valuable and priceless tool for improved work performance and efficiency."

**Newspapers**

*Lightness of Being*, May 1996, featured an extensive interview with Dr. Ann Gill Taylor, director of the Center for the Study of Complementary and Alternative Therapies—University of Virginia. "Feds Fund Study of Complementary and Alternative Therapies" by J. B.

McGraw presented a lucid and sympathetic view of CSCAT's work. Dr. Taylor made special mention of collaborative investigations underway with TMI.

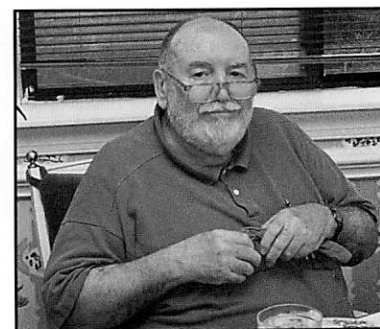


## SHARING IDEAS AT THE FOURTEENTH ANNUAL PROFESSIONAL SEMINAR

Keynote speaker Beverly Rubik, PhD, led assembled Professional Members, Institute staff, and guests in an examination of the latest scientific paradigms.



Raymond O. Waldkoetter, EdD, shown here in the Tower dining room, gave a presentation on Hemi-Sync as part of a substance abuse treatment program. Ray is a member of the TMI Board of Advisors and a co-facilitator of the *Celestine Prophecy Experience*.



For an overview of the Professional Seminar, see this issue of the *HEMI-SYNC JOURNAL*.



If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The *OUTREACH* Trainers and facilitators listed



## EXPERIENCING THE CELESTINE PROPHECY

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experiences of seminar participants have ranged from reunion with departed loved ones to out-of-body-travel, connection to innate intelligence, improvement of bodily experience, recognizing, dealing with, and letting go of fear, healing old wounds, and accessing universal knowledge.

One of the seminar meditations directs the group to take an adult look into the eyes of our parents as they appeared to us when we were young. One man reported that he had been unable to remember his father's eyes. Exploring this, he realized that his father had been away at war for a significant part of his childhood. The returned soldier remained emotionally absent because of the unrelenting grip of war-time memories. This insight led to compassion for his father's experiences and important healing.



atoms of hydrogen, nitrogen, oxygen, and carbon make up clouds, trees, flowers, animals, and our own bodies, and these atoms are constantly shifting and changing. This awesome view of her place in the immensity of the Universe was life-changing. She turned to the group for ideas on how she might convey her weekend experience to her husband. Their good-humored reply: "Guess what, honey? I'm God!"

To one seminar came a group of friends, members of the same organization in which they had been trained to "hear" a particular sound. They were thrilled to recognize that sound on all the Monroe tapes, perceiving it as assurance of Hemi-Sync's connectedness to Truth.

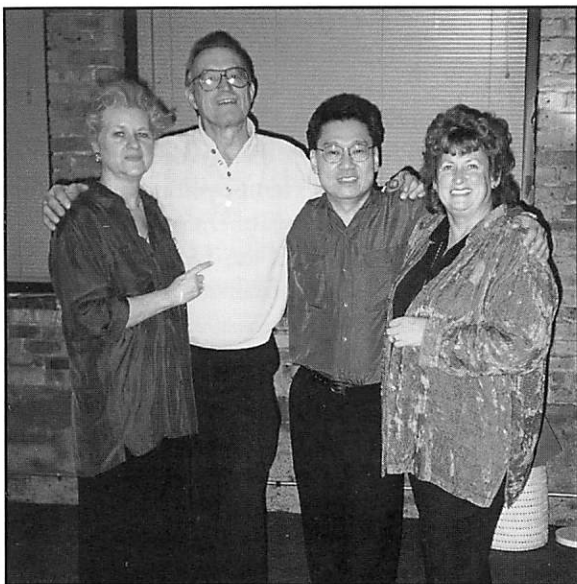
A man who attended another *Celestine Prophecy Experience* was deeply depressed over the death of

his mother, who had suffered greatly in her last days. His mother appeared to him, communicated her happiness and fulfillment, and was very clear about it being time for him to get on with his life. A recent widow, still grieving the loss of her husband of many years, was also struggling with a

troubled teenage grandson she had taken into her home. During the seminar, her husband provided answers to her many questions about how to handle the new challenges she was facing.

An IRS manager emerged from one Hemi-Sync meditation feeling strong vibrations in her hands and shared with us that she had been given the gift of healing. Another participant reported, "I talked with Big Mother. I mean THE BIG MOTHER." A professional woman traveled out of body to a familiar neighborhood. She was able to identify locations, received relevant information, and viewed past and future events.

If you would like to bring the *Celestine Prophecy Experience* to your community and your friends, please contact Pauline Johnson, phone and fax (606) 878-1907. Or perhaps you are moved to pursue your own vision, to enjoy the same deep sense of satisfaction that Ray and I have enjoyed by creating your own Hemi-Sync workshop. Contact TMI Projects Director Julie Mazo at (804) 263-8692, for information and assistance.



A young woman who had never before meditated learned that the human form, with the limited personality it contains, is not the self. She came to recognize that we are actually infinite and one with the Universe, subject to none of the limitations of time or space. The same

